




**ROCKINGHAM NUTRITION &  
MEALS ON WHEELS PROGRAM**

**May  
2021**

**Administration Office 679-2201  
Brentwood, NH**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	<p><b>#1 Chicken Scampi</b> Pasta Green Beans Wheat Bread Seasonal Fruit</p> <p><b>#2 Sausage w/Pepper &amp; Onions</b></p> 	4	<p><b>Chicken &amp; Sausage Gumbo</b> Parslied Rice Broccoli Biscuit Diced Peaches</p> <p><i>Cold Meal</i> Ham Salad w/Pickles 3-Bean Salad Potato Egg Salad White Bread Cookie</p>	5	<p><b>Shepherd's Pie</b> Harvard Beets Multigrain Bread Brownie</p> <p><i>Cold Meal</i> Gourmet Pork Sandwich Spinach Onion Marmalade Ditalini Pea Salad Wheat Burger Roll Cookie</p>	6	<p><i>Mother's Day Special</i> <b>Chicken Stuffed w/Broccoli &amp; Cheese</b> Whipped Potatoes Baby Carrots Rosemary Focaccia Bread Mixed Berry Cobbler</p>  <i>Cold Meal</i> Tuna Salad Sandwich Carrot Dill Salad Pesto Pasta Salad Oatmeal Bread/Orange	7	<p><b>#1 Potato Crusted Fish</b> Lyonnaise Potatoes Bean Medley Oatmeal Bread Cookie</p> <p><b>#2 Rib-A-Q</b></p> <p><i>Cold Meal</i> Chicken Caesar Salad Roll Barley Raisin Salad Broccoli Salad Roll Chilled Pears</p>
10	<p><b>#1 Burgundy Beef</b> Pasta Mixed Vegetables Biscuit Fruit Cup</p> <p><b>#2 Normandy Style Chicken</b></p>  <p>is May 9th</p>	11	<p><b>Vegetable Lasagna</b> Brussel Sprouts Caesar Salad Wheat Bread Jello</p> <p><i>Cold Meal</i> Ham &amp; Swiss Sandwich Cucumber &amp; Tomato Salad Three Bean Salad Wheat Bread Pudding</p>	12	<p><b>Polynesian Pineapple Chicken</b> Fried Rice Stir Fry Blend Vegetables Rye Bread Seasonal Fresh Fruit</p> <p><i>Cold Meal</i> Turkey Club Sandwich Vegetable Pasta Salad Confetti Coleslaw Multigrain Bread Apple</p>	13	<p><b>Roasted Turkey w/Stuffing &amp; Gravy</b> Mashed Potatoes Carrots &amp; Turnip Dinner Roll Butterscotch Pudding</p> <p><i>Cold Meal</i> Egg Salad German Potato Salad Carrot Raisin Salad Rye Bread Sugar Cookie</p>	14	<p><b>#1 Breaded Fish</b> Roasted Potatoes Peas Wheat Bread Chocolate Chip Cookie</p> <p><b>#2 Pulled Pork</b></p> <p><i>Cold Meal</i> Italian Sandwich Lettuce, Tomato &amp; Onions Dill Pickle Pasta Salad Club Roll Apricots</p>

Menu Subject to Change

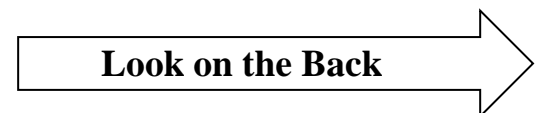
Suggested Donation \$3.00 per Meal

NAME: \_\_\_\_\_

REGULAR MILK \_\_\_\_\_

SKIM MILK \_\_\_\_\_




DIABETIC DESSERT \_\_\_\_\_



**May  
2021**

**Administration Office 679-2201  
Brentwood, NH**

**Rockingham Nutrition & Meals on Wheels**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
17	<b>#1 Beef Chili</b> Scalloped Potatoes Carrots Corn Bread Fudge Round <b>#2 Baked Ham</b>  	18	<b>#1 Spaghetti &amp; Meatballs</b> Marinara Sauce Spinach Whole Grain Bread Stick Birthday Cake <b>#2 Chicken Parmesan</b>    <i>Cold Meal</i> Roast Beef & Cheese Horseradish Sauce Traditional Potato Salad Red Cabbage & Grape Salad Rye Bread/Jello	19	<b>Chicken Fajita</b> Spanish Rice Corn & Black Beans Tortilla Pineapple   <i>Cold Meal</i> Cuban Sandwich Citrus Rice Salad Apple & Zucchini Salad Club Roll Chilled Apricots	20	<b>Yankee Pot Roast</b> Gravy Mashed Potatoes Brussel Sprouts Whole Wheat Roll Ginger Bar   <i>Cold Meal</i> Chef Salad w/Turkey Rstd. Red Pepper Hummus Macaroni Salad Pita Bread Oatmeal Pie	21	<b>Beef Hot Dog</b> Baked Beans California Blend Vegetables Hot Dog Roll Pudding   <i>Cold Meal</i> Turkey Gobbler Sandwich Cranberry Sauce Green Bean Salad White Bread Apple
24	<b>#1 Chicken Nuggets</b> Homestyle Potatoes Capri Blend Vegetables Biscuit Applesauce <b>#2 Cheese Omelet</b>    is May 31st	25	<b>#1 Chicken Marsala</b> Seasoned Rice Spinach Wheat Dinner Roll Apricots <b>#2 Liver &amp; Onions</b>  <i>Cold Meal</i> Turkey & Provolone Sandwich Beet Salad Three Bean Salad Multigrain Bread Pudding	26	<b>Cheese Manicotti</b> Marinara Sauce Bean Medley Garden Salad Oatmeal Bread Cookie   <i>Cold Meal</i> Ham & Egg Salad Marinated Vegetables Chickpea Salad Rye Bread Chocolate Chip Cookie	27	<b>Swedish Meatballs</b> Mashed Potatoes Peas Rye Bread Brownie   <i>Cold Meal</i> Cran. Walnut Chick. Salad Butternut Squash Salad Macaroni Salad Wheat Dinner Roll Apple	28	<b>Kick off to Summer Cheeseburger</b> w/Cheddar & Bacon Potato Salad Carrots Burger Bun/M & M Cookie   <i>Cold Meal</i> Seafood Salad Sandwich Cole Slaw Dressed Spinach Salad Wheat Sandwich Roll Mixed Fruit Cup

Menu Subject to Change

Suggested Donation **\$3.00** per Meal

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REGULAR MILK \_\_\_\_\_

SKIM MILK \_\_\_\_\_

DIABETIC DESSERT \_\_\_\_\_